

Want to feel great in 2023? Keep up with the kids or grandkids. Don't want to always be out of breath with that walk in the park?

Want to feel this way for free or next to nothing?

We all do. Check out these classes to help. We want you feeling great, looking great and proud.

Start today. Here are 6 ways you can get fit for 2023.

- 1. Take a walk, ride, hike and explore in our parks.
- 2. Play outside. Hey, you won't have to deal with the summer heat right now, and playing outside will help with the dark days of winter.
- 3. Swim. Heck, it's free. We offer open swim to burn off energy or lap swim at our two indoor pools. (more info below).
- 4. Create your own exercise routine. Try one of our outdoor fitness zones in area parks like Brainerd, East Chatt, Warner Park, Shepherd, Avondale, Carver, and more!
- 5. Join a fitness class....like the ones below...with more to come!
- 6. Walk golf at Brainerd or Brown Acres Golf Clubs (Buy memberships too) or pick up tennis at Champions Club or our dozens of locations.

Fitness Classes and more:

- -Chattanooga Fitness Center is FREE to use. Enjoy everything you get at the big box places. But if you are looking for something MORE extreme, try our "Fit for Duty Class".
- -Water Fitness is available at both of our indoor pools! Chris Ramsey Pool (Formerly the Brainerd Center) and the South Chattanooga Pool near St. Elmo. (Free for open swim/lap swim!) These classes are for all and great for low impact but high results.

Schedule here: https://chattanooga.gov/parks/recreation/swimming-pools

Upcoming!

We are heading out to Greenway Farm in Hixson for two multi-week FREE classes, but you must register.

-Livin' Fit is a multi-component, evidence-based program of fitness and wellness that helps create and maintain an active life. Fitness, education, and friendship are all part of this 10 week FREE program. Held Mondays and Fridays from 10-Noon. Must register by calling 643-6600.

-Beginner's Tai Chi classes start Feb 21st at Greenway Farm in Hixson.

Taught by Tai Chi for Health certified staff

8 one-hour sessions (Must plan to attend all 8!)

Helps reduce arthritis/diabetes symptoms,

improves breathing, manages stress.

For all fitness levels!

It's fun, slow, easy on joints and

equivalent to moderate walking.

MUST register.

www.hamilton.tennessee.edu

or call 423-209-8560

Chattanooga a #CityInAPark



WALK/RIDE/HIKE



PLAY OUTSIDE



SWIM INDOORS



OWN
EXERCISE
OUTDOORS



JOIN OUR
FITNESS
CLASSES
AND PROGRAMS

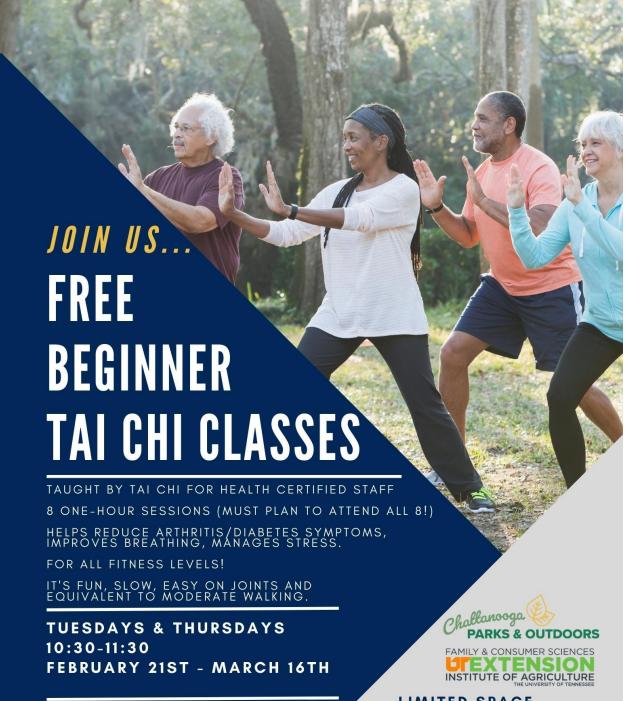


WALK GOLF AT OUR COURSES OR PLAY A GAME OF TENNIS





FOR PARK, POOL, TENNIS, GOLF, HIKING LOCATIONS AND MORE, VISIT: CHATTANOOGA.GOV/PARKS



GREENWAY FARM 4960 GANN STORE RD HIXSON LIMITED SPACE

MUST REGISTER!

HAMILTON.TENNESSEE.EDU

OR CALL 423-209-8560

LIVIN' FITC





All Levels Welcome!

LIVINFIT© is a multiplecomponent evidence based program of fitness and wellness that helps create and maintain an active life. Enjoy unique, engaging and fun fitness classes, education sessions and create lasting friendships!

When?

FREE Classes held Mondays and Fridays from 10am till Noon.

MUST register by calling 423-643-6600

Limited Space!



For more into

GREENWAY FARM CONFERENCE CENTER











